

Some of the topics covered.

## **Beginner's module**

- Learn the flight of the navigator, the Albatross dance and how to apply these dances to massage strokes.
- Using your forearms and hands you will learn to dance over the whole body both supine and prone.
- You will learn techniques that enable you to give a deep massage without straining yourself.
- Body reading to develop skill in recognizing tension.
- Exercises to develop intuition.
- Meditations for healing, relaxation and goal setting and shamanism journeying.
- How to keep the energy flowing without getting tired and burned out.
- The emotional and spiritual effect of massage therapy.
- Balancing of masculine and feminine energies
- Personal transformation through the Shamanism Huna Principles and philosophy
- How to work powerfully using breathe. Piko Piko
- Learn about the power of blessings and the Aloha way.
- You will be able to confidently do 1hr relaxation, Therapeutic Hawaiian Lomi Lomi Massage.
- You will go on a magical inner journey connecting with your own inner shaman while learning a fantastic massage style.
- Upon completion you will receive a Certificate which is endorsed by the Massage Association of Australia and The International Institute for Complementary Therapists. This will give you easy and cheaper access to professional insurance.

## **• Intermediate module**

- \*Body draining systems and under body techniques- New strokes and under body techniques which facilitate deeper work and stretching of the muscles and spine.
- Specific stretches to various muscle groups and joint rotations. Polynesian floor work on the massage table.
- Exercises to build Mana
- Working with breathe and guiding recipient how to heal through breathe work
- How to harness the healing power of Intention.
- Shamanic techniques to assist in your development as healer.
- Introduction to Ho"oponopono
- Spiritual healing techniques and body awareness will be explored.
- A more holistic approach focusing predominantly on the mental and spiritual side of massage therapy.
- Learning how to treat clients with different issues, injuries and problem areas.
- Revise techniques receive stroke correction.
- You will extend on your skills to give a powerful and transformative massage.

- At the end of this course you will be able to perform a 1 1/2hr Sacred Kahuna Temple Style Hawaiian massage.

## **Advanced Module**

- Intense work with the four elements of fire, air, earth, water, to integrate in your massage also helping you to connect to your inner power (mana) as the vehicle of our own inner divinity.(pono)
- Deep tissue massage and remedial techniques.
- Emotional and physical clearing. Emotional release techniques for client and practitioner are a major focus of this advanced level. Learning how to facilitate and deal professionally with clients emotional releases which may occur during massages.
- Hawaiian 'Magic Touch' Kahui Loa
- Gain new inspiration and Shamanic techniques to transform your skills as a body worker and discover your full potential to heal yourself and others.
- Deepen your understanding of the connection between body, mind and spirit with Hawaiian philosophy.
- Shamanic journey meditations for personal transformation.
- Working intelligently with the healing energy of breathe. Piko Piko
- Revision of Kahuna Temple Style techniques and stroke/style correction.
- Plenty of dancing and exercises to develop more rhythmic and graceful movement in the Temple Style massage.
- You will be able to give a life transforming Sacred Temple Style Lomi massage